



Alone a Whisper,

Together a Voice

Halton OPEN Newsletter

Autumn 2015

Contact us—Clare Lightfoot on 01928 575 400 Tuesday to Thursday

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EXTRACT FROM THE CHAIRS ANNUAL REPORT:

A CLEAR SENSE OF PURPOSE AND STRATEGIC DIRECTION

" 500 new members in the next few years, that's the size of the challenge ahead - and the size of the opportunity before us". The number of older people within our borough is set to soar, and unless we start to see real change in support for older people services, which provides activities and better transport links to access them, then more older people will struggle with living alone and getting out and about, thereby increasing loneliness and frailty.

Indeed, at a time when policymakers continue to debate the UK's finances, we need to make the case loud and clear: older people have feelings and needs and what they can offer to others makes a difference to others. We need to encourage business cultures where people's value is understood and invested in, as this will improve older people's health and wellbeing and will subsequently reduce the cost on the NHS overall.

We now need more volunteers who can commit to developing Halton OPEN. Making this a reality is Halton OPEN's challenge. As this year's results show, it is already helping to make sure the right opportunities are on offer to our older people. The impact is visible in the rising number of new members, the new partnerships and the growing number of people who became Forum Members and Committee Members this year.

It has been my privilege to be Halton OPEN's Chair at such a promising point in its history. It has a crystal-clear sense of purpose and strategic direction. We are building and developing a better Halton OPEN

Our committee members are more engaged in its work than ever before. It has built on the progress made in 2013/14 and the result in 2014/15 has been growth, both in member numbers and revenue and in a small net income surplus. We are in a stronger financial position, Halton OPEN is well placed to pursue its vision of being "the voice for older people in Halton".

I regret that going forward and for health reasons I am unable to continue with the progress made to date, however, I look forward to seeing the work continued with by the Committee Members, and with our new executive members and with the whole Halton OPEN team contributing to the ongoing success of Halton OPEN in the year ahead. I have every confidence about Halton OPEN'S future.

My very best wishes to one and all

Lorna Plumpton

Lorna Plumpton MCMI; ASSOC CIPD

June 2015 Pensioners Parliament



**Have Your Voice Heard!—Join
our consultation panel—
contact Clare on 01928
575400**

June 2015 saw 4 committee members attend the above conference.

The overall conference was more political than the last 2 years and many people felt the same.

The overwhelming issues were:

A decent welfare state; ensuring the rights of older people; a decent pension for quality of life; continuity of care when needed with early diagnosis and treatment; challenge the government over decisions with regards to pensioners; those with disabilities - especially dementia.

Workshops attended by Committee Members were:

Keep me posted campaign: about people of all ages being excluded from paper bills or charged more for them, this organisation is tasked centrally to campaign for better access to paper bills etc. This campaign will challenge Halton Borough Council on green bin charges, on our behalf.

Making Transport Accessible – The future of the bus pass. Overview of political parties' agenda for bus pass and public transport. Mobility issues and prices for trains cheaper on the internet.

Exploring the Pension Landscape: Retail Price Index to Consumer Price Index. Need to get back to RPI because people could lose approx. £30,000 during an average lifetime. Also looked at auto enrolment pension wise for when you start in any employment. New pension freedoms and single tier pensions from April 2016.

Money matters: Financial concerns that are faced by many older people, and how they can get useful advice to help them make various financial decisions. What do the next 5 years of Austerity hold? Considered the challenges of Austerity faced by the older population, over the last few years as well as looking ahead to the future.

Clare's Update

Hello! I am the Development Officer for Halton OPEN (based at Age UK Mid Mersey). As you will have gathered, the last few months have been very productive for Halton OPEN and I am especially happy that we have now submitted our second survey which focussed on Runcorn (the first survey carried out in December 2014 focussed on Widnes). I can now inform you all that we have had feedback on how those surveys will be used by Halton Borough Council. The results and report will be used to inform the falls business case, feed into the Older People's Strategic Plan, inform in relation to the loneliness strategy and will also be used to help set up an Older People's Board. I have also met with the two MP's for the area and will continue to meet with them to highlight the issues of older people in our area. If you would like more information or a copy of the Widnes and Runcorn reports or want to get involved please contact me by email or phone (details on front page).

OPEN MINDS

The Halton OPEN Conference and Annual General Meeting was held on Tues 29th September 2015 at the Select Security Stadium, Widnes.

The Conference was opened by Rt Hon Mr Derek Twigg MP for Halton, who commented that "the Halton OPEN survey corresponds with the key issues for constituents' care, growing crisis areas and an excellent relationship with the Council and NHS Halton CCG unlike other councils" he also said that "cuts will become more difficult to bear, it's a challenge for politicians and council." "Mental health service are also a growing concern as is transport which was also picked up in the survey for Runcorn". Derek also said "we need to make better use of the experience of older people; they have tremendous vibrancy and we don't make use of this". A presentation followed from Simon Banks, CEO NHS Halton CCG on "One Halton" - a multi-agency approach to looking at services for older people.

Damien Nolan, Divisional Manager, Urgent Care, Halton Borough Council, spoke about Halton OPEN on behalf of Mark Holt, Older Peoples Commissioner, Halton Borough Council. Talking and listening to us is important - the Council is utterly reliant on our older peoples' experiences and views on what's happening on the ground. Our surveys emphasised the key issues in the Borough.

Dave Sweeney, Director of Transformation, NHS Halton CCG & LA then spoke about the here and now and a taste of the future for Mental Health Services in Halton and the quote "ITS OK TO TALK". He also spoke about Cancer, our biggest killer In the Borough.

After lunch, Jackie Johnson, Principal Intermediate Care Services Manager, Halton presented an Interactive Session on the Intermediate Care Services available to the people of Halton. Jackie can be contacted on 0151 511 7645 and people can refer themselves on discharge from hospital. Further details will be available on www.haltonopen.co.uk or contact Clare Lightfoot for further details.

The event also included Question & Answers to the panel which included Mark Lunney, CEO of Age UK Mid Mersey, Damien Nolan, Dave Sweeney and Lorna Plumpton Chair, Halton OPEN.

Thanks were given to Lorna and Mike, our Chair and Vice Chair who had to stand down from the committee due to personal circumstances. A Committee Secretary, Vice-Chair and four new Committee members were then proposed and confirmed. Richard Ashworth as Vice Chair; Janet Jones as Secretary and our new committee members; Max Torres, Diane McGregor, Harry Hayes and James Owen.

Thanks to our Halton OPEN members that took the time to attend this event and we hope you found it informative.

Volunteer Opportunity

Applications are invited for the post of:

Chair

Halton OPEN

To find out more or apply, please contact:

Age UK Mid Mersey

tel: **01928 575 400**

email: clarelightfoot@aukmm.org.uk

This is a voluntary, unpaid role, expenses paid.

Halton OPEN's BIG FREE EVENT IN RUNCORN!! "DISCUSS, DINE AND DANCE!"

A tea dance with a difference!

The Heath Business and Technical Park, Runcorn, WA7 4QX

Wednesday, 25th November 2015. 12:00 noon - 4.00 pm

A showcase of the services and support for people of 50+ in Halton

followed by a Tea Dance hosted by Older But Wiser Wellbeing.

All those attending the event will have the chance to enter our prize draw!

(Bus transport from specific locations may be arranged—please enquire on booking)

To book your place please contact Clare Lightfoot on:

Telephone: 01928 575400 (Tue, Wed, Thurs) Email: clarelightfoot@aukmm.org.uk

You can also book online at haltonopen4you@eventbrite.co.uk

AGE UK MID - MERSEY, SOCIAL GROUPS

Men's Group

Every Monday at Brunswick House, Water Street, Runcorn
10.00am to 12.00pm

Afternoon Tea

Every other Wednesday, Broome Court, Brookvale, Runcorn
1.00pm to 3.00pm

Social Support Group

Every other Monday, Goody's Café, Widnes Road, Widnes
1:30pm to 3:30pm

Memory Lane Dementia Cafes

Brunswick House, Water Street, Runcorn
Every Tuesday 1:00pm to 3:00pm

Vintage Coffee Morning

Every other Wednesday, Runcorn Spiritualist Church,
Runcorn 10.30am to 12.30pm

Weatherspoon's, Church Street, Runcorn

Social gathering, last Thursday of the month
1:00pm to 3:00pm

Age UK Mid-Mersey, Social Group.

Runnymede Court, William Street, Widnes
1:30pm to 3:30pm (every 4th week)

Memory Lane Dementia Cafe

Naughton Fields, Liverpool Road, Widnes
Every Tuesday 1:00pm to 3:00pm

Enquiries—Becky on 01928 575400

Healthwatch Halton and Age UK Mid Mersey – What happens when you are discharged from hospital? Have you a friend, neighbour or relative that has been discharged from hospital or a mental health setting in the last 18 months? Healthwatch England has published a Special Inquiry report, "Safely home: What happens when people leave hospital and care settings?" Healthwatch Halton, with help from Age UK Mid Mersey and the British Red Cross and Halton Carer Centre would like to know what is happening in our local area in more depth. We're looking to find out why things can go wrong when people are discharged from health and social care settings, as well as looking at things that are going well. The information you provide for this survey will be anonymous and will help us to provide a local picture of people's experiences of being discharged from a hospital or mental health setting. For further information please contact Lyn Williams/Irene Bramwell at Healthwatch on 0300 7776543

